



BLACK BEAN SALAD

Ingredients:

- 420G CORN (1 CAN)
- 420G BLACK BEANS (1 CAN)
- 2 ROMA TOMATOES
- 1 AVOCADO
- 1/2 RED ONION
- HANDFUL FRESH CORIANDER
- 1/2 TSP CUMIN
- 1/4 TSP CINNAMON
- 1/2 LEMON
- SALT & PEPPER

Method

1. DRAIN AND RINSE THE CANS OF CORN AND BLACK BEANS. SET ASIDE.
2. FINELY DICE RED ONION, CORIANDER, TOMATOES AND AVOCADO.
3. IN A LARGE BOWL MIX LEMON JUICE, CINNAMON AND CUMIN UNTIL WELL COMBINED.
4. ADD ALL OF YOUR INGREDIENTS TO YOUR LEMON AND SPICE MIXTURE AND TOSS UNTIL EVERYTHING IS EVENLY FRAGRANCED. ADD SALT AND PEPPER TO TASTE.
5. ENJOY YOUR SALAD!

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Nutritional Information

SWEETCORN - CORN HAS SEVERAL HEALTH BENEFITS. BECAUSE OF THE HIGH FIBER CONTENT, IT CAN AID WITH DIGESTION. IT ALSO CONTAINS VALUABLE B VITAMINS, WHICH ARE IMPORTANT TO YOUR OVERALL HEALTH. CORN ALSO PROVIDES OUR BODIES WITH ESSENTIAL MINERALS SUCH AS ZINC, MAGNESIUM, COPPER, IRON AND MANGANESE, HELPING YOUR IMMUNE SYSTEM TO FUNCTION WELL.

BLACK BEANS - THE ANTIOXIDANTS, FIBER, PROTEIN, AND CARBOHYDRATES IN BLACK BEANS MAKE THEM NUTRITIONALLY POWERFUL. A DIET RICH IN BEANS CAN REDUCE YOUR RISK OF SEVERAL SERIOUS MEDICAL CONDITIONS AND HELP YOUR BODY TO PROCESS CALORIES MORE EFFECTIVELY.

TOMATOES - TOMATOES ARE THE MAJOR DIETARY SOURCE OF THE ANTIOXIDANT LYCOPENE, WHICH HAS BEEN LINKED TO MANY HEALTH BENEFITS, INCLUDING REDUCED RISK OF HEART DISEASE AND CANCER.

AVOCADO - AVOCADOS ARE A SUPER FOOD AND ARE INCREDIBLY NUTRITIOUS. THEY CONTAIN MORE POTASSIUM THAN BANANAS, ARE LOADED WITH HEART-HEALTHY MONOUNSATURATED FATTY ACIDS, LOADED WITH FIBRE AND CAN HELP LOWER CHOLESTEROL AND TRIGLYCERIDE LEVELS.

ONION - ONIONS CONTAIN ANTIOXIDANTS AND COMPOUNDS THAT FIGHT INFLAMMATION, DECREASE TRIGLYCERIDES AND REDUCE CHOLESTEROL LEVELS — ALL OF WHICH MAY LOWER HEART DISEASE RISK. THEIR POTENT ANTI-INFLAMMATORY PROPERTIES MAY ALSO HELP REDUCE HIGH BLOOD PRESSURE AND PROTECT AGAINST BLOOD CLOTS.

CORIANDER - AGAIN A VERY POWERFUL HERB. CORIANDER MAY HELP LOWER BLOOD SUGAR, IS RICH IN IMMUNE-BOOSTING ANTIOXIDANTS, MAY BENEFIT HEART HEALTH, PROTECT BRAIN HEALTH, PROMOTE DIGESTION AND GUT HEALTH, HELP FIGHT INFECTIONS, PROTECT YOUR SKIN AND IS SO EASY TO ADD TO YOUR DIET!

LEMON - LEMONS ARE MORE POWERFUL THAN YOU MAY THINK AND CAN HELP SUPPORT HEART HEALTH, CONTAIN A GOOD SOURCE OF VITAMIN C, HELP CONTROL WEIGHT, HELP TO PREVENT KIDNEY STONES, CAN PROTECT AGAINST ANAEMIA, REDUCE CANCER RISK AND IMPROVE DIGESTIVE HEALTH.